Drowning in Debt? Reach Out!



SWITCHING TEAMS FORMER INTERIM TORY LEADER DEFECTS TO LIBERALS (page 2)



RAINMEN'S **OPPONENT NEEDS NO** INTRODUCTION SPORTS (page 20)







Rehberg addresses victims, vows to fight racism

A visibly upset Nathan Rehberg rose in court yesterday before being sentenced to offer an apology to Shayne Howe, Michelle Lyon and their daughter Ashley.

"I just want to apologize to everybody, especially to Shayne and Michelle and my cousin Ashley, who didn't deserve any of this," said Rehberg, his voice shak-

He did not turn around in the court to address the three, who were seated mere feet behind him.

"I'll never forgive myself for the rest of my life.

Outside the courtroom, Rehberg maintained that, despite his actions, he's not racist. Further, he hopes to use his community service to help others get bevond prejudices.

"I'm going to put my heart and soul into helping communities and letting people see through racism and everything. I'm dead against racism," he said. ALEX BOUTILIER

Six months for 'isolated incident[,]

- Crown wanted cross-burner to serve two years
- Defence countered with conditional sentence
- Rehberg also got probation, community service
- Nathan's brother, Justin, to be sentenced today



One of two brothers found guilty of burning a cross on an interracial couple's lawn last February was sentenced to six months

in prison yesterday.

But 21-year-old Nathan Rehberg of
Avondale will spend only two more
months in the Central Nova Correctional Facility in Burnside, thanks to credit for time already served.

"(Rehberg's) offence was not part of any organized or even repeated individual hate campaign ... It was racially motivated, but it was not part of a broader community racial initiative," Supreme Court Justice John Murphy said in rendering his decision yesterday in Kentville. "I think it's fair to say it was an isolated incident."

Rehberg, along with his younger brother, Justin, burned a two-metre cross on the lawn of Shayne Howe, who is black, and Michelle Lyon, who is white, on Feb. 21. Lyon is a distant cousin of the Rehbergs.

A dubious first

Yesterday's sentence is believed to be a first for a cross-burning in Canada.

Howe and Lyon awoke that morning to a cross burning on their lawn and shouts of "die, n---, die,"

Justin Rehberg testified that it was an attempt at vengeance for allegedly spreading rumours about the two men.

Murphy sentenced Rehberg to six months in prison for harassment, and four months for inciting hatred. The sentences are to be served concurrently, and Murphy granted Rehberg four months' credit for the two months he served in custody before he was released on bail.

This court, and any court in this country, has to indicate that a crime of this nature ... will not be tolerated in our society,'

the judge told the court.
"Mr. Rehberg has to learn of the significance of the impact on the victims and on society in general." MORE COVERAGE, PAGE 3

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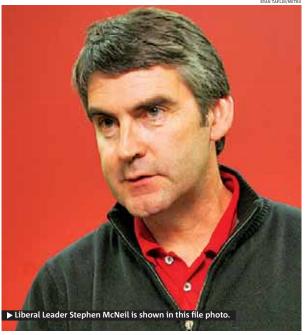
Allan Small questions why stock markets aren't keeping up with the good economic news. More at metronews.ca/ investing





♠ Karen Casev was elected as an MLA in 2006 • She was minister of health and education, and the interim party leader • The Liberals now hold 13 seats in the legislature, the Tories have seven and the NDP 31





Casey defects 'It's a blow to the to the Tories of the totals of the total state of the t

interim Tory leader MLA Karen Casey is now a Liberal.

Casey phoned Tory Leader Jamie Baillie to say she was defecting to the Liberals minutes before her press conference yesterday morning.

In her statement to the media, Casey said Liberal Leader Stephen McNeil "listens and understands." and "this is about leader-ship."

There are three leaders in this province and I believe my beliefs and what I think is important for No"I should be working with somebody who shares the same beliefs as I do."

COLCHESTER-NORTH MLA KAREN CASEY

va Scotians ... are more in keeping with Stephen than the other two leaders," she said in a phone interview with Metro later in the day.

This move started out as a joke during the last session of the legislature, she said. McNeil invited her over jokingly after she said she agreed with him on many issues, including education. Then she seriously thought about it.

"I asked him if it was a real offer, and he said, 'Sure."

She said she wasn't promised a critic assignment.

"Her dedication to her constituents is well known and her knowledge of education and health issues is vast," said McNeil in a statement. "She will strengthen the Liberal caucus.

Casey said she heard

from a number of surprised constituents yesterday, and many expressed support.

I have others who said, 'I've been a Tory all my life and I can't vote any other way.' I told them I respect their opinion and I'll continue on in their behalf regardless," she said.

She also responded to criticism she crossed the floor for political gain.

"I came into politics because I believe I can make a difference and that's what motivates me."

IENNIFER TAPLIN

yesterday, Casey said she was disappointed with

the lack of communication between rural Tory members and the establishment in Halifax. She said she wrote a report about it and gave it Baillie, among others.

"Karen had not shared with me any areas of unhappiness during the lie told reporters vesterday. • JENNIFER TAPLIN

It's not a mortal wound, but Karen Casey's move to the Liberals is painful for the Tories, says a political scientist.

"It's a blow to the Tories and a huge gain for the Liberals. She was a former leader of that party and in the cabinet so this can't be anything but a blow to the new leader of the Conservative caucus," said Jeff MacLeod with Mount Saint Vincent University.

"It certainly implies a lot of intrigue as well.

This news changes the momentum of the Tory party and creates a general feeling of angst, he said.

"It negates the impression that this is a party on the move and rising," MacLeod said. "This will be a test for Jamie Baillie to see if he can square this circle and show us the silver lining to this and move on.

He said Baillie's suggestion of a byelection is interesting but comes off as sour grapes.

"It sounds a bit bitter," he said. . JENNIFER TAPLIN



FALLOUT

Baillie wants **byelection**

A byelection should be held in the Colchester-North riding, said Tory Leader Jamie Baillie yesterday

'It's my job to get the PC Party of Colchester

North ready to present a candidate who represents the kind of future Nova

Scotia I believe in as soon as possible," he said.

He said 2010 was a tough year politically and Karen Casey's move only adds to public cynicism.

"It occurs to me that if we want to all do our ▶ Jamie Baillie

best to alleviate some of that cynicism that exists in the province today, then the people

should be respect-ed in these situations, so I'm getting ready for a byelection. He told

reporters he wouldn't speculate on Casev's motives for leaving.

In an interview

time we were in caucus together or before," Bail-

Howe: 'I do accept his apology. I really do'

Canadian Jewish Congress praises hate crime ruling Decision expected to influence how Rehberg's brother is sentenced



Eleven months after Shayne Howe awoke to a cross burning outside his home, he received an apology yesterday from one of two brothers who set it

Nathan Rehberg, 21, was sentenced to six months in jail for his part in the incident yesterday. Before his sentencing, he stood up in a Kentville courtroom to apologize to Shayne, his partner Michelle Lyon, and their daughter Ashley Rehberg's distant cousin.

This is the first time we've ever had someone apologize to us for what's happened," said Howe.

"I do accept his apology. I really do. I've been waiting for that for a long

Nevertheless, Howe did not accept Rehberg's asser-



tion he wasn't motivated

by racism.
"The cross says it all,"
said Howe. "I don't know but I am a black gentleman, and a cross in my yard just means you do not like blacks."

Howe said he and his family still intend to

move. "We just want to let our kids be happy," he said.



Second snow dump forecasted for Thursday

It's the weather — so nothing is etched in stone but it looks like we could be in store for a messy commute to work on Thursday morning.

Environment Canada is forecasting more snow for later this week, after some areas of HRM received between 15 and 17 centimetres of snow during the day on Sunday.

This next system is forecast to reach late tomorrow and into Thursday,

with up to 10 centimetres possible on the ground for the drive into work.

"One of the concerns is for the overnight period and for first thing in the morning on Thursday is it appears it's going to be a little windy," said Environ-ment Canada meteorologist Linda Libby. "So five to 10 (centimetres) can seem like a whole lot more with the wind blowing it around."

Libby also said if this



Snowy Sunday

Sunday's snowfall marked only the second time this winter that areas of HRM received over 15 cm of snow, which is considered a major winter storm.

weather system moves more northwardly over the next couple of days, it could lead to even higher accumulations of snow, or

Not all areas however received the same amount. For example, the Halifax Stanfield International Airport reported only receiving 9 cm from Sunday's snowfall.

maybe some rain.

"It could be a tricky drive Thursday morning," Libby advised.

Two suspects in mugging at large

A man walking in the area of Kane and Agricola Streets in Halifax was mugged on Sunday night.

Police say the victim was confronted by two men at around 8 p.m. One of the suspects said he had a weapon. They took the victim's wallet and other personal items, but he wasn't iniured.

One suspect is described as a white man in his 20s, with a medium build who wore a ski mask. The other suspect is described as a white man, five feet, 10 inches tall, wearing dark clothing. @ METRO

Man facing charges in relation to west-end McDonald's robbery

A 42-year-old Halifax man is facing charges in relation to a robbery at

the McDonald's restaurant on Mumford Road in west-end Halifax last month.

Police say on Dec. 23, a man wearing a mask produced a knife and demanded cash from staff. There were no injuries.

David Spencer Dean has been charged with robbery, possession of a weapon and breach of probation in relation to the incident. • metro

Disturbance call hospitalizes officer

A woman and a man are facing charges following a late night fight Saturday that sent a police officer to

Police were called to Willow Lane in Truro following a disturbance call around 10:50 p.m. where a Truro man had been

assaulted.

The man and the officer who was assaulted after responding to the incident were both hospitalized. Their conditions were not released

A woman and man both in their 20s are each facing charges. TRURO DAILY NEWS

Seniors say yoga helps them age with grace, comfort

Susan Storring's eyes are shut, her breathing deep and steady as she moves her shoulders in a gentle, rolling motion. Up, back, down. Breathe.

Sunshine streams in, illuminating the pastel blue-green walls of the Halifax-area yoga studio. Piano music plays softly from a corner stereo.

Up, back, down. Breathe.

For the next hour or so, the 67-year-old knows she's guaranteed total serenity through the practice of yoga, an ancient discipline that some seniors say has improved their physical and mental health.

It's about aging gracefully, not turning back the clock.

"I'm old, and I'm looking to be gracious about that and to be relaxed about it," says Storring, a grandmother and retired

"This is just a little piece of my life that is so calm and I love it ... I've stretched parts of me that I didn't think it was possible for me to manage."

BETH CURLETT, 72, RETIRED NURSE AND YOGA STUDENT

educator.

"I'm not going to be able to make myself get any younger. I just enjoy keeping my body as limber as possible, but I enjoy the mind part even more."

ALL Yoga, a cosy studio located in Dartmouth, is among a number of yoga schools across Canada offering classes designed specially for seniors.

"A lot of seniors don't have very active lifestyles and want to participate in a group environment, other than just going walking or doing something by themselves," says instructor Gail Fulop, who teaches a seniors' class at ALL Yoga.

"They maybe want something gentle and don't want the expectations that a full exercise class might bring."

Fulop says many seniors are also looking for ways to cope with stress, including anxiety associated with losing loved ones and the loss of income.

The 46-year-old instructor uses a number of props for balance and comfort in her class, including pillows, small blocks and chairs for students who find it difficult to get down on the floor.

THE CANDIAN PRESS





Man questioned in weekend murder of woman

No arrests have been made in Halifax's first homicide of 2011 ○ Police still urging witnesses to come forward



A man referred to by police as a person of interest in the murder of a 19-year-old woman outside her sister's Dartmouth apartment has come forward.

Halifax Regional Police say Mason Brent Ardell Borden, 21, showed up at HRP headquarters on Gottingen Street just after 10 p.m. on Sunday.

Police spokesman Const. Brian Palmeter said Borden was questioned by investigators yesterday morning and arrested for an unrelated outstanding warrant for failing to appear in court.

Borden appeared in Dartmouth provincial court yesterday on the outstanding warrant, which stems from an assault charge on Dec. 14.

25-30

Police say there were between 25 and 30 people attending the party, and have asked witnesses to come forward.

He has been sent to the Central Nova Correctional Facility in Burnside pending his next court appearance tomorrow.

"He remains a person of interest (in the homicide investigation)," Palmeter said.

Police also said yesterday they found a darkcoloured Mercedes-Benz off Caledonia Road at 8:25 p.m. on Sunday, which they were looking for in relation to the homicide.

Palmeter said investigators are unsure if there is a connection between Borden and the vehicle.

den and the vehicle.

"We believe that he (Borden) could have had access to the vehicle, but whether he had it the night in question we don't know" he said

know," he said.
Police were called to the apartment building at 117 Pinecrest Dr. at 11:20 p.m. on Saturday.

Upon arrival, they found a woman lying on the floor at the front doors with multiple stab wounds. She was pronounced dead at the scene.

Police say the woman had been attending a party at her sister's apartment when a fight broke out. The fight moved to the lawn where both the woman and her sister were stabbed.

The sister was treated in hospital and released.

REST IN PEACE

Police identify first murder victim of the year

Police have released the identity of HRM's first murder victim of 2011.

Police said yesterday the victim is 19-year-old Keya Knita Simon of Halifax

A Facebook page titled Rest in Peace Keya Simon was started Sunday in honour of the young woman. By yesterday about 500 people had signed up.

"I am still in shock my

heart goes out to the family in this hard time u are all in my thoughts n prayers," one post on the site read. "God will guide you all threw [sic] this very hard time. God Bless u all R.I.P Keva."

On her main Facebook page, Simon says she attended Prince Andrew High School in Dartmouth and had a nine-month-old son.

JORDAN MINX



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SOUTHERN SUDAN

Clooney gets political

Actor George Clooney, tive in Sudanese issues for the last five years, is working to help the region avoid a backslide toward

"Our job is try-ing to keep this

on the front burner of the news," Clooney said. The Hollywood star has been a whirlwind in the scruffy, straw-hut capital of Southern Sudan as its week-long independence referendum gets off the ground. Clooney has also had two meetings with

President Barack Obama on Sudan and has persuaded reporters from outlets like NBC, CNN and Newsweek to fo-cus on the country.

THE ASSOCIATED PRESS

Model charged in journalist's murder

A Portuguese model was arrested on charges of second-degree murder in the slaying of a celebrity Portuguese television journalist found castrated and bludgeoned to death in a New York City hotel, police said yesterday. THE ASSOCIATED PRESS

A hotter version of Earth?

A NASA telescope has found the smallest planet outside our solar system and it is rocky just like Earth. But it is way too hot for any life. The planet is called Kepler 10-b after the telescope that found it. The reason it's so hot is that it is 20 times closer to its star than Mercury is to our sun. THE ASSOCIATED PRESS

Suspect in Arizona killings appears in court



Jared Loughner could face life in prison or death penalty, says judge

Jared Loughner, the 22-yearold loner accused of trying to assassinate U.S. Congresswoman Gabrielle Giffords and killing six others, appeared in court yesterday with his head shaved, a cut above the right temple and his hands cuffed

Loughner was represented by Judy Clarke, who defended "Unabomber" Ted Kaczynski and Al-Qaida operative Zacarias Moussaoui

As authorities filed the charges against Loughner, they alleged he scrawled on an envelope the words "my assassination" and "Giffords" before he took a cab to a shopping centre in Tucson, Ariz., where the congresswoman was meeting with constituents.

The hearing came a few hours after U.S. President Barack Obama led the nation in a moment of silence

The suspect

A military official in Washington said the Army rejected Jared Loughner in 2008 because he failed a drug test.

The official spoke vesterday on condition of anonymity because privacy laws prevent the military from disclosing such information about an individual's application.

for the victims and their families.

Giffords, 40, lay in intensive care at a Tucson hospital, after being shot in the head at close range. Doctors said she had responded to commands to stick out her two fingers, giving them hope she may survive.

THE ASSOCIATED PRESS

Arrests made in disguised air traveller case

Hong Kong authorities have arrested eight people suspected of helping smuggle a young Chinese passenger onto a flight to Canada wearing a Hollywood-style disguise as an

elderly white man.
Elly Au Yeung of the
Hong Kong Immigration
Department told the Associated Press yesterday that Hong Kong officials arrested five men and three women from Friday to Sunday.

She says a member of

the Hong Kong International Airport ground staff and two former employees were among the arrested suspects.

Au Yeung says the eight are suspected smugglers who supplied the passenger with his new travel papers at the Hong Kong

It is unclear if they have been charged, but Au Yeung says they were arreston suspicion of swapping boarding passes, selling passports and

The mask used

A Hollywood-based companv. SPFXMasks, later said the mask was one of its models, called The Elder.

- The company said it was proud of how authentic its products look but never intended them to be misused.
- The Chinese man is in custody in Canada pending confirmation of his identity.

conspiracy to defraud an airline operator.

The man, believed to be in his 20s, sought asylum after arriving in Vancouver on Oct. 29.

He is suspected of travelling to Hong Kong with genuine Chinese travel documents, then swapping them for fake papers and donning the remarkablv detailed silicone mask to change his appearance before boarding the Air Canada flight.

THE ASSOCIATED PRESS



China. Foreign relations at the Bayi Building in Beijing, China, yesterday

U.S. and China look for common ground

China agreed yesterday to set up working groups with the U.S. on key issues such as nuclear policy and missile defence without any definite schedule. But those groups would be limited only to exploring the possibility of a future "strategic dialogue" and wouldn't actually discuss the issues themselves.

8 dead, 72 missing in **Queensland floods: Official**

At least eight people died and 72 were missing after the latest downpour to hit Australia's flood-wracked Queensland state sent raging torrents rushing through several towns, washing away cars and houses.

Queensland state Premier Anna Bligh said earlier today that four children had died and there were "grave concerns" for at least 11 of the missing. Many of those still stranded or unaccounted for are families and young children, she said.

Emergency services offi-

cers plucked more than 40 people from houses isolated by the torrent that hit the Lockyer Valley with little warning yesterday, but thunderstorms and more driving rain were keeping helicopters from reaching an unknown number of other people still in danger this morning.

Queensland has been in the grip of its worst flooding for more than two weeks, after tropical downpours across a vast area of the state covered an area the size of France and Germany combined.

THE ASSOCIATED PRESS

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Slain Mountie's mom asks: Did he suffer?

The mother of one of four Alberta Mounties shot dead by a gunman sought reasurance from the coroner on the first day of an inquiry that her son didn't suffer.

"How soon before he would have died?" Grace Johnston, tears catching her voice for long pauses, asked Dr. Bernard Bannach.

Bannach told her that Const. Leo Johnston was shot four times. One of the bullets slammed into his back, severed his spine, hit a lung, then the heart, and shattered into three fragments, some of which came out his cheekbone.

"It would have stopped his heart immediately," Bannach told her.

"There was enough oxygen in the brain for another 10 to 15 seconds. After that he would have passed out and would have been clinically dead."

"Ten to 15 seconds," Johnston repeated back to



him

"Ten to 15 seconds."

Johnston, 32, along with constables Anthony Gordon, Peter Schiemann and Brock Myrol, was ambushed on March 3, 2005, by James Roszko in a Quonset hut on his property near Mayerthorpe northwest of Edmonton. Other court proceedings were ongoing, including the conviction of two of Roszko's accomplices, Shawn Hennessey and Dennis Cheeseman.

Questions

Some questions remain about the four murders.

- Verdict Shawn Hennessey and Dennis Cheeseman were convicted of manslaughter two years ago for giving Roszko a lift to the farm and giving him a rifle.
- Plea The pair weren't allowed at the inquiry, but Hennessey's dad pleaded for his son's discharge.

After Bouchard, where is Quebec sovereignty now?

Support for sovereignty has traditionally hovered at about 40%, roughly the level it achieved in the 1980 referendum In a 1995 vote, support closed in on 49%, resulting in a razor-thin federalist win

The political torch that Lucien Bouchard passed to a new generation of sover-eigntists 10 years ago may be flickering now but that doesn't mean it won't flare up if conditions are right.

On Jan. 11, 2001, the

popular premier stunned Quebec by conceding failure in his political quest and declared, in his retirement announcement, that it was time for someone else to take up the challenge. It's been a bumpy

ride since. The Parti Quebecois has suffered three election defeats and not voiced any concrete plans to hold another sovereignty referendum.

"It's dormant but you can never dismiss the possi-

bility of the arrival upon the scene of some galvanizing issue or character." said Pierre Martin, a political scientist at the Universite de Montreal.

"That's the big unknown — will something come up that will somehow shuffle the deck and change the situation in an appreciable way?"

The Parti Quebecois, as it went down to defeat in 2003, had hoped Canada might join the unpopular

war in Iraq and it planned to use that conflict as a campaign issue and argument for another referendum. Those hopes were dashed when Canada stayed out of the conflict.

THE CANADIAN PRESS



Relationship

While he has electoral support in Quebec, Prime Minister Stephen Harper and the province have clashed over environment policy and cultural funding.

- Demonized Eyebrows were raised in Quebec over the apparent demonization of the Bloc Quebecois when it appeared that party might enter into a coalition with the federal Liberals and NDP to oust the Tories.
- Accord None of those spats replicated the dynamic created by the failure of the Meech Lake accord.

Mom gets apology after breastfeeding

A mother has received an apology from a Montreal children's clothing store that asked her to stop breastfeeding.

Last week, Shannon Smith began nursing her infant daughter in a secluded kids' play area, when employees at the Orchestra store said she wasn't allowed to breastfeed there.

Orchestra president Jean-Claude Yana wrote a letter of apology to Smith, saying the company allows breastfeeding and an employee has been disciplined. Smith says she accepts the apology. THE CANADIAN PRESS

Soundtrack out today

What do Norah Jones, Carly Simon, Scarlett Johansson, Ben Harper, Bob Weir, Steven Stills and Vincent Gallo have in common? They used their voices for an autism documentary soundtrack, which will be released today on iTunes.



MP: Ignore farmers' unregistered guns

Conservative MP Larry Miller has suggested government officials should turn a blind eye to unregistered firearms if farmers are using them only to protect their livestock from coyotes.

"(Farmers) are afraid to bring out their guns and travel around like they used to," Miller (Bruce-Grey-Owen Sound) told the crowd, according to a report in the Owen Sound Sun Times published yesterday. Miller made the remarks at a Saturday meeting in Elmwood, Ont. TORSTAR NEWS SERVICE

Record labels on track to settle lawsuit

Class-action sought \$50 million in unpaid royalties • Court must still approve proposed resolution

Canada's four major record agreed to pay about \$47.5 million to resolve a class-action lawsuit involving a number of groups representing the interests of songwriters and music pub-

In 2008, the estate of American jazz great Chet Baker launched the suit claiming the labels — EMI Music Canada Inc., Sony Music Entertainment Canada Inc., Universal Music Canada Inc. and Warner Music Canada Co. — had not paid the proper royalties for music on the industry's so-called pending list.

The hundreds of thousands of works on that list were released before royalties were arranged, with the expectation that the paperwork and payments would eventually follow.



At the time the statement of claim was filed, the plaintiffs alleged more than 300,000 titles were on the pending list with \$50 million in unpaid royalties outstanding.

The allegations in the class-action suit were not tested in court and the settlement does not include any admissions of liability or wrongdoing.

agreement nounced yesterday was applauded by both sides and also includes a new arrangement to expedite future payments of royal-

ties.
"This is a very positive outcome for all parties," said Graham Henderson, president of the Canadian Recording Industry Association, in a statement on behalf of the record labels.

David Basskin of the Canadian Musical Reproduction Rights Agency said all sides are happy to resolve the matter.

The proposed settlement will go before the Superior Court of Justice in Toronto on Feb. 15., at which time any objections to the deal will be raised.



Hefner takes Playboy private

The publisher of Playboy magazine said yesterday that it has agreed to a sweetened offer by founder Hugh Hefner to take the company private. The offer values Playboy at about \$207 million US. A group led by Penthouse magazine has also made an offer for Playboy Enterprises Inc. valued at \$210 million US.

The class-action 4 suit was filed in 2008 against four major record labels: EMI Music Canada, Sony **Music Entertainment** Canada, Universal Music Canada and Warner Music Canada.



Spain backs Portugal's plan

Europe's debt crisis flared up once again yesterday, as Portugal's borrowing rates briefly spiked to euro-era highs amid reports that Germany and France are pushing Lisbon to accept outside help to avoid contagion to other countries.

The yield on Portuguese 10-year bonds — a key gauge of investor sentiment — touched a potentially unsustainable 7.18 per cent at one stage yesterday. It then fell back to 6.94 per cent on speculation that the European Central Bank was intervenby buying bonds. (Yields drop as bond prices

Spanish Economy Minister Elena Salgado lent Porauthorities support yesterday, saying Portugal won't need a bailout because it is enacting reforms that will help save the nation's economy from imploding.
"Portugal will not need

any outside help," Salgado said in an interview with Spain's Cadena Ser radio. "I think Portugal will not have to resort to any plan because it is fulfilling its commitments.

Banking on it

Since the bailout of Greece last May, the ECB has taken a more active role in Europe's debt crisis by buying the bonds of the most imperilled eurozone countries.

- Shopping spree As of last week it had bought 74 billion euros (\$95 billion) in government bonds
- Reducing risk It doesn't have a target or limit but withdraws that same amount of money from the economy to avoid inflation risks.
- Bailout denied EU officials said: "There is no discussion" of a bailout for Portugal.

She added that Portugal "has structural weaknesses, but will make the corresponding reforms.

Amadeu Altafaj Tardio, the spokesman for EU Monetary Affairs Commissioner Olli Rehn, also dethat European nied officials were preparing a bailout for Portugal.

"There is no discussion



to this effect and none is envisaged at this stage," he

Markets have brushed off the Portuguese government's repeated claims over the past year that it doesn't need financial help. The minority government has introduced an austerity program of tax

hikes and pay cuts it says will restore fiscal health.

The key to whether Portugal gets a bailout sooner rather than later could come tomorrow, when the government aims to raise euro1 25 billion (\$1.62 billion) by auctioning off three-year and nine-year bonds. THE ASSOCIATED PRESS

Spend less: Bank

ing households and banks to act responsibly when it comes to loans.

Deputy governor Agathe Cote said household finances are key to the recovery and there's

She says household spending was instrumental in keeping the economy afloat during the recession, but now it has been stretched to the limit

THE CANADIAN PRESS

NOTICE

Registration of Undertaking for Environmental Assessment **ENVIRONMENT ACT**

This is to advise that on January 11, 2011, Guild Contracting Specialties (2005) Inc. registered an Asbestos Transfer/Bulking Facility for environmental assessment, in accordance with Part IV of the Environment Act.

Guild Contracting Specialties requires an Asbestos Transfer/Bulking Facility site for asbestos waste and requires a temporary storage location at 25 Wilkinson Dartmouth, NS, commencing Spring of 2011.

Copies of the environmental assessment registration information may be examined at the following locations:

- Cole Harbour Public Library, 51 Forest Hills Parkway, Dartmouth, NS
- Woodlawn Public Library, 31 Eisener Blvd, Dartmouth, NS
 Clean Nova Scotia, 126 Portland Street, Dartmouth, NS
 Ecology Action Centre, 2705 Fern Lane, Halifax, NS
- Nova Scotia Environment, 30 Damascus Road, Suite 115.
- Pedrod Common, Bedford, NS
 Nova Scotia Environment, 5th Floor Library, 5151 Terminal Road, Halifax, NS
- EA website (when available) http://www.gov.ns.ca/nse/ea/

The public is invited to submit written comments to: Environmental Assessment Branch

Nova Scotia Environment PO Box 442, Halifax, NS B3I 2P8

on or before February 10, 2011, or contact the department at (902) 424-3230, (902) 424-0503 (Fax), or email at EA@gov.ns.ca.

All submissions received, including personal information, will be made available for public review in the Nova Scotia Environment Library, 5th Floor, Halifax Office, 5151 Terminal Road, Halifax, NS.

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SEEKING HOT SHOWER AND A GOOD SALAD



Being an immigrant in our wonderfully diverse nation is not exactly a novelty. You could ask 10 strangers on the subway about their heritage and nine would identify themselves as Canadian slash something or other.

owever, unlike all of those "My great grandmother was from Manchester and even though I've never been there I totally identify myself as part English and that's why I pronounce it *leisure* not leeee-sure' individuals, I'm actually British. I was born and raised in England until the age of 12 when I moved to Canada for the superior orthodontic work.

As a Limey expat it's my duty to go back every couple of years to visit cousins and eat copious amounts of Cadbury chocolate. Last weekend I returned from a

Christmas pilgrimage across the pond and even though I had a jolly good time I am very (VERY) glad to be back.

There is something to be said for the comforts of home, specifically the modern North

American luxuries we take for granted like central heating, efficient snow removal services and artisan salads

The British have never been known for their outstanding cuisine but thanks to globalization

and Jamie Oliver the food situation in England has improved significantly over the past 10 years. However, meat pies and breaded stuff with chips still

seem to be menu staples at most U.K. eateries. Ten days straight of greasy Full English breakfasts washed down with lager has left me feeling bloated and on the brink of contracting scurvy.

But I can live with the vitamin

deficient dietary options - what I really have trouble with is the plumbing.

Many of the country's historic buildings date back to the 11th century and as such, bathrooms (ahem, I mean loos) across

England are hundreds of years older than Canada.

Think about that for a minute. Most of these medieval amenities have been designed with a four-foot-tall peasant in mind. A standard issue sink comes up to your kneecaps, bathtubs only really fit one leg at a time and you are more likely to bump into a Spice Girl on the underground than find a shower with decent water pressure.

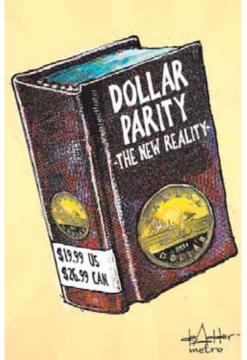
So, next time you're complaining about the windchill factor just remember, it may be cold in the Great White North but you can always find a restaurant that serves broccoli and go home to a nice hot shower.



Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

Don't worry, be happy



Worth mentioning

Spending cuts, rising unemployment, dour winter weather - it's not a good time to ask voters how

happy they are. But that's just what British Prime Minister David Cameron is doing as part of a pledge to improve Britons' lives beyond pure financial gain in the wake of the global recession.

Government statisticians will this year begin measuring the country's well-being, and yesterday they released details from initial consultations on what the new index should measure and how it should be measured.



"Most of these

medieval

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peasant in mind."



Job security, relationships with families and good health topped the list of indicators that Britons believe are most important.

Apparently stung into action by a recent poll that ranked Britain 13th among 22 European countries in terms of life satisfaction, Cameron ordered his government to find

ways to make everyone happier.

Cameron's happiness drive follows a similar move two years ago by French President Nicolas Sarkozy, while Canada has also developed a national well-being index, a concept pioneered by the small Himalayan kingdom of Bhutan in the early 1970s. THE ASSOCIATED PRESS

What's your favourite part of the day? Why? **Email** halifaxletters @metronews.ca **Twitter** @metrohalifax

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Metro Minute with Clary Croft

It was incorrectly reported in yesterday's edition that folklore researcher and performer Clary Croft would be giving a musical lecture Monday night. In fact, it's tonight, so if you wanted to go, you still have a chance. The subjects will include: Shipwrecks, work songs, women who disguised themselves as boys, nautical witch lore, true tales of sea, sea monsters,

ghostly encounters, and Nova Scotia's proud naval heritage. Croft will share a wealth of tales and songs from the collection of his mentor, Helen Creighton, He will also perform contemporary songs and his own stories. The musical lecture starts at 7:30 p.m. at the Maritime Museum of the Atlantic. Donations to Feed Nova Scotia will be welcomed. • metro



metr@scene metronews.ca

TV star goes back to his musical roots

▶ Known for his roles in The Wire and Fringe, Lance Reddick shows off his jazz skills ◆ Actor had originally wanted to be a rock star

Lance Reddick hopes his knack for picking hits in the television realm translates to his music career.

Reddick recently released his first album, Contemplations and Remembrances. The record has a jazzy flair that Reddick has worked on for more years than he cares to remember.

Although he's best known for his role as Lt. Cedric Daniels on the hit HBO series The Wire and currently stars on the Fox series Fringe as agent Phillip Broyles, Reddick, 41, is also a musician. He attended the prestigious Eastman School of Music, where he studied classical composition, and plays piano. Back when he was young, married and raising a child, Reddick found work as an actor, but never forgot his dream of becoma recording artist. So with a little prodding, and a lot of time to contemplate. Reddick is proudly embarking on a recording career.

Which came first, music or acting? I'm assuming it was music. Absolutely. Growing up I never imagined I would be an actor.

What gave you the courage to pursue a music career?

I grew up studying music. I went to conservatory. When I grew up I thought I was going to be a classical composer, and then I left music school because I was

in denial because I wanted to be a rock star. I started acting after a few years of struggling.

What were the struggles?

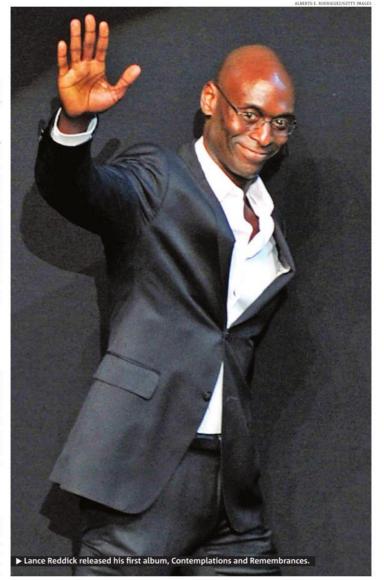
I got married straight out of school. I started acting, almost on a whim to help my music career. There were songs I had written from while (I was) in my 20s. ... I would sing them around the house from time to time. My daughter said to me one day — this was about 10 years ago — "You should do something with that." I said, "Sweetheart, I think I'm too old." She said, "Daddy, that sounds like an excuse to me."

There seems to be a stigma when actors embark on a music career. How do you address that?

I'm aware of the stereotype. I was a musician first. It's tough. I'm not really into defending myself because for me with this particular project, the music speaks for itself. It's mostly jazz, it's so not a mainstream thing. For me if people like it, they like it. If they don't, they don't.

You said you wanted to be a rock star. What made you lean more toward jazz?

My style of writing never quite fit. It always seemed that what I wanted to do was a little more sophisticated than what was mainstream. THE ASSOCIATED PRESS





News in brief



The Kardashian sisters have been sued by a California company that created a prepaid debit card that endorsed the reality show starlets.

The Fresno Bee reports that Revenue Resource Group LLC filed suit in Fresno County Superior Count last week against Kim, Khloe and Kourtney Kardashian.

The sisters pulled out of the endorsement deal in November under criticism over the card's fees. The company's lawsuit claims they broke their contract and cost company at least \$75 million in losses

THE ASSOCIATED PRESS



irstine Stewart vows to conne with Canadians as head of CBC English Services





British period shows set to duke it out on PBS

A TV battle of British mansions is coming to North America.

Upstairs Downstairs, a sequel to the hit 1970s series about an Edwardian London house and its owners and servants, will air on PBS in April. But first up is Downton Abbey, a four-part drama about life in an English country estate airing on PBS' Masterpiece Classic.

Both series showed last month in Britain, with ITV's Downton Abbey out first and drawing a bigger audience than the BBC's Upstairs Downstairs.

But it's a friendly rivalry, according to Jean Marsh, star and co-creator (with actress Eileen Atkins) of the original Upstairs Downstairs and the sequel.

Some in Britain might have thought otherwise when Marsh gave a December TV interview in which she seemed to take a swipe at Downton. She called the show a surprise, given that her new series had been in development for several years and that both Downton and the original Upstairs Downstairs were set in the early 1900s.

"So it might be a coincidence and I might be the queen of Belgium," Marsh said.

That drew a Twitter retort from Downton Abbey star Hugh Bonneville, who wrote he thought that "Jean Marsh was bigger than that" and suggested that she "needs a big huggle in the friendly chair."

Marsh, in Pasadena to promote her upcoming series to a meeting of the Television Critics Association, dismissed any notion of ill will

"I loved it," she said of the tweet. "I want to meet him and say, 'Listen, if you're going to do the huggle and I'm going to sit on your lap in the friendly chair, I'm up for it."

THE ASSOCIATED PRESS

Fincher, Hooper get director noms

● Social Network and King's Speech continue to fight it out during movie's awards season ● Directors Guild award a prelude to Oscar night

The filmmakers behind Awards favourites The Social Network and The King's Speech were nominated yesterday for the Directors Guild of America's top prize.

Along with David Fincher and Tom Hooper, nominees were Darren Aronofsky for the psychosexual thriller The Black Swan, Christopher Nolan for the sci-fi blockbuster Inception and David O. Russell for the boxing drama The Fighter.

Fincher and Hooper were chosen for the Facebook tale and the British monarchy saga respectively. The two films are considered Oscar front-runners, with The Social Network dominating awards from key critic groups and The King's Speech leading nominees for the Golden Globes, Hollywood's second-biggest film honours.

The Directors Guild winner will be announced at a Hollywood ceremony Jan. 29.

The guild prizes are one of the best forecasts for the Oscars, whose nominations come out Jan. 25, with the awards following on Feb. 27. Only six times in the 62-year history of the guild

awards has the winner failed to take home the Oscar for best director.

Joel and Ethan Coen, the guild and Oscar winners for 2007's No Country for Old Men, missed out on a nomination this time for their hit Western True Grit. Also overlooked was 127 Hours director Danny Boyle, the guild and Oscar winner for 2008's Slumdog Millionaire.

The awards are back to an all-male lineup after Kathryn Bigelow became the first woman to win the guild and Oscar directing prizes a year ago for The Hurt Locker.

Female directors who are considered awards prospects this season include Debra Granik for Winter's Bone and Lisa Cholodenko for The Kids Are All Right.

Nolan has been nominated for the guild's film-directing prize twice before, for Memento and The Dark Knight. Fincher previously was nominated for The Curious Case of Benjamin Button, THE ASSOCIATED PRESS



Nominations

The Directors Guild of America released their nominees yesterday, and they are:

- David Fincher, The Social Network
- Tom Hooper, The King's Speech
- Darren Aronofsky, The Black Swan
- Christopher Nolan, Inception
- David O. Russell, The Fight-



metronews.ca

Celebrity tweets



Adam Lambert [@adam lambert] Woah I lost some

followers yesterday cuz I had a valid opinion about a tv show. Hahah.



Kathy Griffin [@kathy griffin] I swear Zac

Efron said to me "you can touch it". Ok, ok, he was talking about his haircut...



golf. Got tuck in rocks for 127 sec ands. Almost died



Martin
[@SteveMartinToGo] | paid a

lot of money to go on vacation on a private jet, but it has a PILOT. METRO

Scarlett miffed at Ryan-Sandra talk

Source says actress upset that her ex-husband was spotted with a new woman so soon after breakup

There's at least one person who reportedly isn't happy to hear rumors about Ryan Reynolds and Sandra Bullock getting cosy, and that's Reynolds' estranged wife, Scarlett Johansson.

"Less than a month after they split that fool has gone and got himself photographed with (Bullock) on New Year's Eve of all days. Of course she is devastated," a source explains to Popeater. "Even if they are not a couple yet, this is very awkward for Scarlett. She too thinks of Sandy as a friend and hates the thought that Sandy is on team Ryan after the breakup, that is if she isn't already his girlfriend."

Reynolds and Johansson were married on Sept. 27 2008 and announced their separation on Dec. 14, 2010. © METRO



p private island

Johnny Depp says owning an island in the Caribbean is more than just a luxury — it's a necessity.

"The island might sound extravagant but I need somewhere I can breathe easily or just sit around and chat without someone taking my picture," he tells Red Bulletin magazine.

It also helps him avoid the gadgets that have become so popular in the rest of the world.

"Sometimes I'd like to run away screaming from our technology-obsessed world, the invasive media,



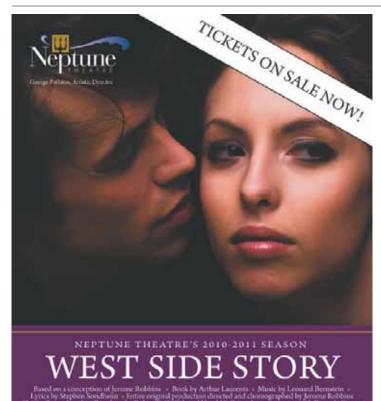
the madness of reality TV," he says. "We've lost touch with the simple things of life. We're losing our individuality."

METRO

Beckhams are expecting their fourth child

David and Victoria Beckham are going to be parents once again, as the former Spice Girl is pregnant, according to People magazine.

"David and Victoria Beckham are delighted to confirm they are expecting their fourth child in the summer," they announced in a statement. "Brooklyn, Romeo and Cruz are very excited about the arrival of their new brother or sister." OMETRO



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Wintertime comfort meals are often rich and heavy and therefore unkind to our digestive systems. Finding healthy, nourishing recipes that energize can help reduce the sluggish factor we are prone to in the winter months. The cit-ric acid in grapefruit for instance, promotes an alkaline environment in the body, which is an ideal state for absorption of nutrients and minerals and fighting off fatigue or illness NEWS CANADA





When being clean becomes unhealthy

▶ Rates of depression in younger people now outnumber rates in older people ▶ Find out why experts are linking over-sanitization with mood



It turns out those multiple organisms are good for us. Today's shiny, clean environment is being blamed for higher rates of depression in young people.

The more hygienic our environments, the more we are deprived of bacteria and other micro-organisms that live in our gut. Our immune systems used to rely on these harmless bugs to keep us healthy.

Experts call these healthy bacteria "old friends."

"Introducing 'old friends' might lower the depression rates we're seeing now, especially in young people," says Meher Shergill, a dietitian at the Centre for Mental Health and Addiction in Toronto.

There hasn't been a

huge change in our genes over the last few generations to explain the higher rates of depression, so it must be our environment.

Depression rates are lower in people who live in the country — who are still exposed to soil, animals, feces — than in people who live in squeaky-clean cities. Dirt helps promote anti-inflammation in our bodies. And inflammation in the cells

is linked with depression.

"There is now such a huge movement towards people being scared of germs. I understand, but people need to realize there should be moderation there."

"We're overly sanitizing everything so we're losing exposure to bacteria that helps our immune systems. We need to give our bodies a chance to be exposed to harmless, small

Statistics

Who is more prone?

Stats Depression is more common in women. Major depression can occur in 10 per cent to 25 per cent of women; this is almost twice as many women as men

amounts of bacteria," says Shergill.

Rates of depression in younger people now outnumber rates of depression in older people.

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Quit smoking now

RN's can help with ways to ensure you stop for good

Just because you've contemplated giving up smoking doesn't mean you're ready to butt out today, or tomorrow or the even the day after.

Based on years of experience in smoking cessation practices, nurses will tell you that people who take the time to assess their willingness or readiness to quit are the most successful at doing so.

Nurses provide help to patients by engaging in discussion to determine where they might be on the readiness index, based on the "stages of change model."

This type of screening with patients helps nurses to provide the best smoking cessation support.

"The kinds of support a smoker needs will differ for each stage," explains Margie Kvern, a registered nurse associated with the Registered Nurses' Association of Ontario (RNAO)'s National Smoking Cessation Initiative and Program Specialist, Tobacco Reduction with Winnipeg Regional Health Authority in MB.

NEWS CANADA

How to quit

Here's a quick primer to determine your readiness, and the kind of support that works best for you, based on RNAO's guidelines.

 Pre-contemplation You are not thinking about quitting within the next six months. Support that helps you consider your feelings about quitting smoking, and assessing the pros and cons is most helpful.

- Preparation You are getting ready to quit in the next 30 days and have set a date. It is helpful to have a health care provider to ask about concerns, and seek out assistance including nicotine replacement therapies.
- Action You quit smoking within the past six months. Support that helps you keep managing triggers, explore rewards and focus on relapse prevention strategies will be useful here.

NEWS CANADA





Couples needed for research study

We are looking for women (18 - 45 years) experiencing **vulvo-vaginal pain** and their partners (18 years or older) who:

• Have been cohabitating for at least 6 months • Have Daily Internet Access

Women will undergo a gynaecological exam. Couples will then complete questionnaires at the IWK Health Centre as well as brief, web-based questionnaires daily, at home, for two months.

Compensation is \$116 per individual (\$232 per couple)



Université de Montréal

For more information: 470-6532 SexualPainStudy@gmail.com

TOP ()

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YOU VOTED! THE TOP 10 MOVIES OF 2010 ARE:

- Inception
- 2 Harry Potter & the Deathly Hollows
- **3** Toy Story 3
- 4 The Social Network
- 5 Let Me In
- 6 Scott Pilgrim vs The World
- Clash of the Titans
- **8** Get Him to the Greek
- 9 Restrepo
- 10 The Other Guys

To see more Top 10's of 2010, visit **metronews.ca/top10**

SOURCE: Metro Life Panel Survey, January 2011, 216 respondents





Penny-pinching wines



Whoever said life was too short to drink cheap wine obviously never saw my bank balance.

Now, don't get me wrong. I have a neverending appreciation for expensive booze, though on my budget, two bottles of pretty good wine often taste better than one bottle of really

good wine. And I bet you think that Jersey Shore's Snooki has a better chance at a Nobel Prize than you do finding a bottle of something that's both drinkable and economically-priced at local

The good news is that there's lots of great juice out there at 11 bucks and

Last week, I predicted the Aussies would rise again in 2011 thanks to their geography and winemakers.

As true as that is, wellestablished (and seemingly innocuous) wines from Down Under's humongous conglomerates offer some of the best values you're going to find on the shelf.

Lindemans' Cawarra Shiraz Cabernet (\$9.95 - \$10.99) is a favourite cheapie thanks to its ripe red berry fruit, jammy mid-section and surprise long lasting flavour.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAIL-ABLE IN ALL PROVINCES.

Quinoa transforms lives

The popularity of the grain is bringing business to Bolivian farmers

It's as inhospitable as climates come for crop cultivation: The dry and rocky soils of Bolivia's semiarid altiplain. Miguel Choque can see his breath as he surveys his fields of quinoa, the Andean "supergrain."

Quinoa's rising popularity among First World foodies — the wholesale price has jumped sevenfold since 2000 as global demand climbed has been a boon to the poor farmers here in the semiarid highlands where most of it grows.

President of Bolivia, Evo Morales' government has deemed quinoa a "strategic" foodstuff that is essential to this poverty-afflicted nation's food

Yet, the higher prices quinoa is fetching have had an unanticipated impact where the grain is grown. "Only 10 per cent of it stays in Bolivia. The other 90 per cent gets exported," says Rural Development Minister Nemecia Achacollo.

Quinoa (pronounced KEEN-wah) provides 10 essential amino acids, is loaded with minerals and has a high protein content — between 14 and 18 per cent. The FAO (U.N. Food and Agriculture Organization) says it is so nutritious it can be substituted for mother's milk.

"This food is about the most perfect you can find for human diets," said Duane Johnson, a 61-year-old former Colorado State agronomist who helped introduce it to the United States three decades ago.

Quinoa is being embraced by the increasing number of Americans with food allergies or celiac disease, an immunological rejection of gluten, a wheat protein.

In 2000, Bolivia exported 1,439 tonnes valued at \$1.8-million (US). In 2009, exports totalled 14,500 tonnes worth more than \$25-million (US), principally to the U.S., Japan and Eu-

The goal for this harvest is 30,000 tonnes, said Bolivia's deputy minister of rural development, Victor Hugo Vasquez. David Schnoor, president of

Quinoa Corp., the largest U.S. importer said prices soared threefold in early 2008. A decade ago, a 340-gram box of his quinoa, marketed under the Ancient Harvest brand, retailed for 99 cents in the United States. Now it costs about \$4.50. It's also available in bulk at natural food markets — and even Costco warehouse stores now carry it.

A supergrain dish

Despite quinoa's rise in popularity, most people are still trying to figure out what to do with the grain.

This casserole recipe uses its nutty flavour and grainy texture to contrast the earthy and sweet flavours of a mushroom and Marsala sauce.

And what's better than a warm casserole on a cold winter night?

Preparation:

- With a fork, pierce the sweet potato all over (6 mins). Microwave on high until cooked and soft. Set aside to cool. Heat the oven to 375 F.
- In a large skillet over medium-high, heat the oil. Add the mushrooms, garlic, thyme, onion, 5 ml (1 tsp) of the salt and pepper, then sauté until the mushrooms have released most of their liquid and are beginning to brown and the onion is

soft and translucent.

- Add the chicken and cook until it is browned and almost cooked through, about 8 minutes. In a bowl, mix together the Marsala, cornstarch and the cream. Add to chicken, then bring to a simmer. Cook for 2 minutes.
- Arrange the chicken and vegetables in a layer over the bottom of 2litre casserole dish. Set
- Peel the sweet potato, discarding the peel. Smash the sweet potato and mix in the quinoa, the remaining 2 ml (1/2)tsp) of salt, and the eggs and nutmed. Spread this mixture over the top of the chicken and mushroom mixture. Sprinkle with Parmesan cheese and bake for 20 to 25 minutes.

THE CANADIAN PRESS



Ingredients:

- 1 medium sweet potato
- 30 ml (2 tbsp) olive oil • 341 ml (12 oz) crimini
- mushrooms, sliced • 2 cloves garlic, minced
- 45 ml (3 tbsp) fresh thyme leaves, chopped
- 1 large onion, chopped
- 7 ml (1 1/2 tsp) salt, divide
- 2 ml (1/2 tsp) ground black
- 2 boneless, skinless chick-
- en breasts, cubed • 250 ml (1 cup) Marsala wine
- 15 ml (1 tbsp) cornstarch
- 125 ml (1/2 cup) heavy
- 1-l (4 cups) cooked quinoa
- 2 eggs
- Pinch nutmeg
- 125 ml (1/2 cup) grated









Smug Marrieds ANGELA PACIENZA & DEREK **CHEZZI** 2FORCOUPLES.COM TWITTER: @SMUGMARRIED

We have a decorating dilemma that's driving us both nuts. I'm a traditionalist. He likes art deco. How do we find a compromise?

Angela says ...

The easiest solution is to throw money at the problem and hire a decorator who can navigate both your tastes with impartiality. Failing that - since we don't all live in a fantasy world - you'll need to find pieces you both agree on, plus some pieces that are his faves and some that are yours. The mix will be unique, just like your relationship.

Derek says... Two crucial tips if you end

up going down the DIY road with each partner contributing to the process: 1) Budget for triple the amount of time it would normally take one of you to finalize a decor decision; and 2) Be prepared to make sacrifices to keep your marriage intact, so long as his choices are not crimes against

design.

You won't love everything he chooses, but you will need to let him make some choices if you want to avoid possible blow-ups.

Decorating together is not an easy process nor is it fast, but the sense of accomplishment at the end is rewarding.



VE WORKS

Current city: Calgary

Together since: 2006

Γheir story:

I (Melissa) met Ryan in my senior year of high school in psychology class.

He was a year younger, so I had never seen him before until that class.

At the time, I thought he was cute, but he was interested in my best friend (as was she in him!) so I was rooting for them from

Í was also dating someone at the time, so we decided to double date.

Both of our relationships ended shortly thereafter, and that's when we became close friends. After only a month of being friends and getting closer, he asked to be my boyfriend.

And the rest is history! We have been dating since 2006 and have never been happier.

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY



Prepping for the tax push

ON MONEY

ALISON GRIFFITHS MONEY@METRONEWS.CA



Good news for procrastinators! This year you have two extra days to file your tax re-

turn - until May 2nd at midnight, to be exact. But I'm prodding you into action early so you have ample time to organize your documents and maximize your deductions.

To help prepare you for the big tax filing event, H&R Block Canada's tax advisory service has ad-dressed some of the most common concerns among 2,000 online questions from 2010.

Missing slips Employers

Canada Revenue Agency. If yours doesn't turn up and the employer isn't helpful, call the CRA for a copy. Don't delay until mid-April, or you'll be waiting in long telephone queues and the slip might not arrive by the deadline.

Self-employed deduction It's all about one word – reasonable. Don't try to write off 50 per cent of your mortgage interest if your home office is in a 10-by-

taxpayers who assessed a late filing penalty in 2010.

10 corner of the basement.

Office parking It's a no-go as a deduction for most employees. There are some exceptions so make a call to the CRA to determine if you are among them.

Common-law status After 12 continuous months of living together you're a couple, according to the CRA. Do state your status correctly as benefits and some tax credits are determined based on household income. The CRA could ask for re-payment if you fudge the

Inheritances: There is no inheritance tax in Canada but if you received stocks, mutual funds or other investments in the settlement of an estate

gains or losses. Investments are deemed to have been sold on the date of death.

Getting a head start on your taxes means you're less likely to make mis-takes or miss money saving deductions.

Interest rates/ Savings accounts								
BANK	RATE							
BMO	1.35%							
CIBC	0.70%							
HSBC	1.00%							
ING	1.50%							
PCF	1.50%							
RBC	1.25%							
SCOTIA	1.35%							
TD	1.25%							
ALLY	2.00%							



That makes cents



3thebounce.com

A national survey about financial literacy from the Canadian Institute of Chartered Accountants asked more than 1,000 Canadians to rank the financial management skills they wanted most.

The poll found that Canadians are very receptive to advice to improve their financial IOs.

ed financial skills:

Here are the 10 most want-

1. Tips on minimizing taxes (79 per cent)

2. Advice on teaching their children about managing money (73 per cent. This question was asked only of households with children under 18 years of age)

3. Learning how to avoid fraud (73 per cent)

4. Advice on saving for their children's post-sec-ondary education (67 per

5. Saving for retirement (60 per cent)

6. Choosing the right investments (59 per cent) 7. Tips on minimizing interest paid on debt (55 per cent)

8. How best to manage debt (50 per cent) 9. How to set and stick to a budget (50 per cent) 10. Selecting the right mortgage (50 per cent)



Fun and Frugal LESLEY **SCORGIE** HOLIDAY SPENDING

HAUNTING YOU THIS JANUARY?

Grab a calculator and start adding up that dreaded pile of holiday receipts gifts, party outfits, dinners, etc. How did you manage to pay for it all?

According to Scotia-ink's 2010 Holiday bank's Spending Study conducted by Harris/Decima, Canadians spent \$968 on overall holiday spending in 2010, up from \$891 in 2009. Of those surveyed, 49 per cent Canadians reported they'd saved up in advance for all expenses. Of the remaining, 31 per cent had some savings and the rest financed all their holiday cheer with credit cards.

Let's say you charged \$968 on your credit card at 18% interest throughout the holidays. If you only made minimum monthly payments, 2% of the balance owing, it would take 145 months and \$1,300 in interest charges to pay it off. If instead you pay \$50 a month, it would take you 24 months and cost \$184 in interest. In both scenarios, lingering holiday credit card bills can haunt you for years.

The best way to deal with holiday debt is to avoid it in the first place by saving in advance and paying cash. Think about gifts for next year, now. Space out your spending to take advantage of deals throughout the year like Boxing Day or end-of-season sales; thus avoiding the high priced, high stress December holiday madhouse at the malls, big box stores and retail outlets.

The second best way is to pay off ridiculously high interest credit and store card bills as quickly as possible. Cut back on day to day luxuries like cookies or beer and empty out your change drawer so you can scrounge up an extra \$20. Make extra payments as often as you can and don't rack up any more

Don't let holiday debt get in the way of planning a fun and frugal New Year.

Find your career path

▶ Take this quiz to find out which post-secondary institution might be right for you ▶ Questions to ask yourself



If you don't know exactly where to go when you leave high school, you're not alone

"Career development is a journey and some move along that journey more quickly than others. But for everyone it involves developing yourself personally, socially and academically in the area of work which you choose," says Rola AbiHanna, guidance consultant with the Nova Scotia Department of Education in Halifax.

But the message is clear for anyone graduating from high school: A good education or training is essential in today's competitive job market.

Here's a quiz to help you determine what postsecondary route might best suit your circumstances, strengths and needs. For each of the following questions, select the answer, A, B or C, that describes you best.



A) Your parents have contributed to an education fund or you qualify for scholar-

B) You have savings from a part-time job and can live at home.

C) You have some funds reserved for necessary job training.

A) You got mostly A's and B's in high school, are studious, love to read and have strong problem-solving skills. B) You did fine in high school but prefer less emphasis on academic achievements. C) You may have done well academically in high school but your passion is using other talents such as working with your hands.

A) You're adventurous and want to move away from home. B) You need to stay close to home for personal reasons.

C) You don't care where you have to move to complete your chosen program. A) You expect your education will eventually give you an edge in terms of earning

> B) You hope your education will provide a secure job, albeit perhaps not the best paying.

C) Your main goal is to develop skills that are marketable and perhaps portable.

A) Your slate is clear so you can devote all your time to educational pursuits. B) You have a part-time day job so taking night courses would best fit your sched-

C) You may already be working in a particular field but need more training for accreditation.

A) You prefer a theoretical approach to

B) You don't mind some theory but need some practical knowledge as well C) You thrive in a hands-on learning en-

If you answered mostly A's: University may be in your future. They offer a solid theoretical education and varied social experiences. While they can be expensive, you may be eligible for bursaries, scholarships and/or student loans If you answered mostly B's: You might be a great candidate for community college. Hands-on training is the driver here. The cost is usually lower than university, and small classes allow professors to better communicate. Optional night courses and distance learning might allow you to have a day job. Many colleges are becoming finishing schools. You get a university degree, then take post-graduate training at a college in a specific field.

If you answered mostly C's: Your best bet might be a career or technical college. These privately owned schools offer shorter-term programs so they are a good bet if you know exactly what you want to do career-wise, and you're willing to pay for it (career colleges can be expensive). Trades can be lucrative and rewarding, not to mention portable and usually in demand.

> A) There's no doubt in your mind that you want to get that degree. B) Your heart is set on a specific area, and it doesn't matter much what route you take.

C) You need training in a particular field.

A) Large classes don't bother you. In fact, they give you a chance to meet other students and to exchange ideas. B) You prefer small classes where professors can deal with you on a one-on-one

C) Class size does not enter into the equation as you expect most of your time in a post-secondary institution will consist of hands-on training

Ready, set, apply

With the new year comes the stampede of would be post-secondary students.

There are a myriad of choices available across the country, from public and private universities to colleges and career colleges. And, all of them have different application procedures and deadlines.

Most universities, colleges and career colleges offer online applications through their websites.

You are ready to apply for admission to one or more post-secondary institutions once you have:
• decided which path

- you'll start on.
- confirmed application deadlines for your preferred post-secondary institution(s)
- · got all your paperwork together.

TIMOTHY AVERY



Colleges

Nova Scotia's community colleges offer a one-stop shopping approach through their website, NSCC.ca. The colleges accept and admit qualified applicants for all programs on a first-received, first-qualified basis. They begin assessing applications once all the required documentation has been received. Assessment begins in November and continues until a program fills. It is important to apply early. You'll find links to universities and colleges at u101.com/ colleges/Nova Scotia.

Private career colleges in Nova Scotia are governed by the Private Career Colleges Regulation Act and must be registered with the Department of Education, Visit pcc.ednet.ns.ca for more in formation.

Innovative new programs

This fall, many new postsecondary programs tap into growing job markets such as the environment or health and wellness. Here is a sample:

· Two new two-year diploma programs: Mental Health Recovery and Build-ing Systems Technician (Nova Scotia Community College).

· Environmental and Sustainability Studies: Students opt for a Bachelor of Arts or Bachelor of Recreation Management focused on environmental stewardship (Acadia University).

Master of Journalism: Starting in June (pending approval), this is a oneyear program for students with a bachelor of journalism (University of King's College and Dalhousie University)

 Bachelor of Environmental Studies: A multi-disciprogram

students who don't want to focus their environmental studies at the molecular or biological level (Saint

6 KIM ZARZOUR



More sports



Dartmouth's **Sarah Conrad** has been named to Team Canada's halfpipe snowboard team for the FIS world championships in La Molina, Spain, from Jan. 14 to 22. The two-time Olympian finished eighth at the U.S. Grand **Prix in Copper** Mountain, Colo., last month. **Alexandra Duck**worth of Kingsburg, **Lunenburg Co.,** was also named



to the team.



Rainmen face a familiar foe

Cavalry roll into Halifax tonight with many reconizable faces
 Revamped Rainmen eager to put new roster to in-game test



The more their Premier Basketball League opponents change, the more the Lawton-Fort Sill Cavalry stay the same.

The Cavalry, who visit the Halifax Rainmen tonight at 7 p.m. at the Metro Centre, have established themselves as a rarity in minor-professional basketball: They keep roster turnover to a bare minimum.

It's a winning formula. They've won three straight championships, having captured 2008 and 2009 Continental Basketball Association banners along with last year's PBL crown.

"They're vets, they know how to win, they've got chemistry and they're just good," said Rainmen owner Andre Levingston. "But it's hard to say we can take their model. It's hard to do that."

The Cavalry have seven players back from last

"We would like to have a nice crowd. Against a good team like Oklahoma, we need the city's energy and I hope the city will come out and support us and help us get this win."

ANDRE LEVINGSTON, HALIFAX RAINMEN OWNER ON TONIGHT'S 7 P.M. CONTEST AGAINST THE LAWTON-FORT SILL CAVALRY.

year's roster that dismantled the Rainmen in a semifinal sweep. Five of them were part of the 2008 and 2009 championships, while the head

coach, ex-NBA all-star Michael Ray Richardson, is the architect.

The Rainmen, meanwhile, have just one player left from their 2008 and

Thomas returns



The Lawton-Fort Sill Cavalry only have two new faces this year.

- Former Halifax Rainmen centre DeAndre Thomas is one of them.
- ➤ Thomas, who didn't get much floor time in Halifax, has averaged 11.5 points and 5.5 rebounds in two games, while seeing 19.5 minutes of floor time per night.
- ► The 24-year-old finished last season with the International Basketball League's Albany Legends, winning a championship and earning playoff MVP.

2009 rosters and just two from their 2010 roster.

Levingston said the Rainmen have a "different situation" because they bring in younger players using the PBL as a stepping stone to higher-paying gigs overseas, while the Cavalry are built around veterans happy to stay in one spot.

"Once we find a team we're having success with, we would like to keep guys together for that length of time as well," Levingston said. "But after last year, we just had to get better."

Whether the Rainmen are better remains to be seen, but their revamped roster is off to a 2-0 start.

The Cavalry are also 2-0 heading into tonight's tilt.

"It's a measuring stick of where we are and where we need to go," Levingston said. "The teams we've played are tough but Oklahoma is the champ... and the road to a championship goes through them."

Rainmen trim their roster to 10 players

The Halifax Rainmen cut guard Alan Voskuil yesterday, leaving their roster at 10 players. The six-footthree Voskuil appeared in both of the Rainmen's games this season, scoring just three points in 28 minutes of action

in 28 minutes of action. With recently signed centre Torraye Braggs yet to show up in Halifax, the club has brought in six-foot-nine Marquise Gainous to fill the post position for tonight's 7 p.m. home game against the Lawton-Fort Sill Cavalry

METR

Andrews is top-ranked Moosehead

Brent Andrews of the Halifax Mooseheads checks in at No. 168 on Central Scouting's mid-term rankings for the 2011 NHL draft, released yesterday.

The 17-year-old centre is fifth in team scoring with 10 goals and nine assists for 19 points in 42 games. He's also 11th in the QMJHL with 693 faceoffs won with 395 on 693 attempts.

Alex Lemieux, a rightwinger who was traded from the Mooseheads to the Montreal Juniors last week, is ranked 201st.

Glace Bay forward Logan Shaw of the Cape Breton Screaming Eagles is the top-ranked Nova Scotian at 52nd.

Middleton's Stephen Woodworth, a former junior A defenceman with the Halifax Lions who now plays for the Screaming Eagles, is 146th.

Injured winger Gabriel Desjardins was one of several draft-eligible Mooseheads not ranked.

METRO



Anthony downplays possible . Nets deal

Carmelo Anthony doesn't think a trade to New Jersey is imminent and he expressed remorse yesterday that teammate Chauncey Billups's name has been dragged into this drama.

A day after reports the Nets were closing in on a deal for the Denver Nuggets' all-star forward, Anthony said he doesn't see himself heading to

New Jersey any time soon. "That's my feeling. I don't think so. I don't want to elaborate on that anymore. That's just my own personal feeling," Anthony said following prac-

Asked if he would sign his \$65-million US, threeyear extension to facilitate a trade to the Nets, Anthony said:

"I really don't know.

"I'm waiting to see Masai and Josh, wherever they at," he added, referring to Nuggets general manager Masai Ujiri and team president Josh Kroenke. "Pretty sure team they're working on whatever they're working on right now. They haven't been here. I'm waiting patiently until they get back so I can sit down with them.

Anthony said he was sorry that Billups's name has been brought up in a proposed three-team deal involving Detroit.

Billups is a Denver native who wants to stay in his hometown following his trade from the Pistons a couple of years ago. Billups has intimated that if he's traded to the Nets, he might ask them to tear up his contract after the season so he could return to Denver.

"He was looking forward to retiring here, whenever he's done," An-thony said. "To see him and all this stuff that's going on right now, I feel bad about it. I guess that's the business of basketball."

THE ASSOCIATED PRESS



Calderon playing through the pain



Raptors guard is statistically sound despite nagging injuries

If there's one thing that's become apparent over the last few weeks, it's that Raptors point guard Jose Calderon can play.

It's practice that's the is-

sue.

Throwing a wrench into the common perception that NBA players need time in the gym on off-days to work on their craft, Calderon has been putting up impressive numbers despite not being able to take

part fully between games.
"I feel weird. It's the only
thing I don't like," said Calderon, still dealing with pain in his left foot. "I like to practice every day. I can do the shooting ... The only thing is I cannot push it. I cannot do the five-on-five because of the next day. We don't know how it's going to feel the next day, so we have to be careful."

The sore foot and a bad ankle haven't taken a toll on what he's done during games. Calderon has had double-figure assists in six of Toronto's last eight games and has been playing his best basketball of the season. The pain in his foot disappears once he gets out on the court. It flares up when the game ends.

Out there I feel comfortable, I feel good," he said. "I know it's getting better, so soon I'll be back at normal. hopefully. After the game, it's bad ... when you start

"I'm enjoying playing basketball and having fun. I enjoy playing with DeMar (DeRozan) and Andrea (Bargnani) and these guys now. It's great. It's perfect." IOSE CALDERON

getting cold again."

Coach Jay Triano, who hasn't had a full roster for practice in more than a month, said the Raptors are flying by the seat of their pants to get the most out of Calderon

"We're just trying to patchwork right now, trying to let him rest on that day (after a game), let the swelling go down a little bit, let it feel a bit more comfortable," the coach said. "Then he ramps it up on game day. He'll shoot in the morning of game day and he'll shoot in practice right before the game."

Calderon's renaissance actually began with one of general manager Bryan Colangelo's biggest in-sea-son moves. In 18 games since Jarrett Jack was dealt to New Orleans, Calderon has averaged 12.2 points and 9.7 assists while shooting 51.4 per cent from the floor and 48.9 per cent from three-point range.

Sports in brief

Casino Rama strikes first

MIXED MARTIAL ARTS. The UFC may stage the biggest mixed martial arts card in Ontario this year, but it won't be the first.

Casino Rama is set to host its own MMA show on April 2. That's four weeks ahead of UFC 129 at the Rogers Centre, the UFC's debut in Ontario.

The card — called MMA: The Reckoning! is being promoted by Knockout Entertainment Canada, which put on the last boxing show

at the casino about two hours north of Toronto in Orillia.

THE CANADIAN PRESS

Messi awarded Ballon d'Or once again

AWARD. Lionel Messi's mesmerizing performances for Barcelona outweighed a disappointing World Cup, ensuring the Argentina forward was named the world's best player of 2010.

Messi won the FIFA award for a second straight year, finishing ahead of Barcelona teammates Andres Injesta and Xavi Hernandez. THE ASSOCIATED PRESS

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Crossword

- 1 Shoe bottom 5 A billion years 8 Apothecary meas-
- ure
- 12 Barber's concern
- 13 Biz deg. 14 Latvia's capital
- 15 Stretches (out)
- 16 Energized
- 18 TV oldie about
- the Carringtons
- 20 Relaxes
- 21 Your, biblically
- 22 Jewel
- 23 Astound 26 Camping item for
- two
- 30 D.C. VIP 31 Purchase
- 32 Fish eggs
- 33 Movie snack
- 36 Swear-word 38 Actress Longoria
- 39 Fellow
- 40 All-wise one 43 One whose logic
- is faulty
- 47 "Hush!"
- 49 Margarine
- 50 Admitting
- customers
- 51 Cistern
- 52 Light melody 53 Libretto
- 54 Nay undoer
- 55 Eli's alma mater
- 1 Lean-to 2 Reminiscent of wood, as some
- wines
- 4 Bad substitute
- 3 Home security system?

Today's horoscope

T Aries March 21-April 20 It's

okay to go off on your own

and do your own thing, but

don't do it too much or others

might start getting a bit suspi-

thinking you're up to no good.

cious. You don't want them

That's just not true - is it?

¥ Taurus April 21-May 21

Taurus may be one of the zo-

know how to be flexible when

diac's "fixed" signs but you

the situation calls for it. It is

better to bend in the breeze

than get blown away. You'll

bend, but you won't break.

- 12 13 14 15 16 18 20 19 22 23 24 26 28 29 30 32 33 38 42 43 45 46 47 48 49 50 51 52 53 54
- 5 Devoid of content 6 Do as you're told
- 7 Siesta 8 Saw things in the
- dark?
- 9 Disencumbers 10 Chills and fever
- 11 Navigator's stack 17 Chick's call
- 19 That woman 22 Bloke
- 23 iPhone download 24 Cattle call?
- 25 Matterhorn, e.g. 26 Play on words
- 27 Mess up 28 Ph. bk. data

- 29 Ball prop 31 Lingerie item 34 Solidify
 - - poet 36 Upper limit
 - 37 Evil 39 Three-card
 - 40 Dalmatian's name, often 41 Use a towel
 - 42 Pinnacle 43 Vacillate 44 Pelvic bones
- 45 Opposite of 31-Across 46 Carry 48 Eventual aves

35										_				
"Metamorphoses" ▶ Monday's answer														
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36 Upper limit	s	Α	R	Τ		Ε	G	0		Α	С	1	D	
37 Evil	Р	L	0	Р		С	0	L	D	С	Α	S	Ε	
39 Three-card scam	S	Ε	Ν	S	Ε	Τ		L	0	U	D	Е	R	
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42 Pinnacle	0	P	U	S	E	S		1	Ν	C	O	М	Ε	

Sudoku

10

	9		8	4		5	
			3	2			
3		8			7		2
		3	4	7	1		
7							8
		6	9	8	4		
1		9			5		6
			6	9			
	7		5	1		9	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Today

Monday's answer ▶ 9 3 6 1 7 2 5 4 8

0"/-4"

Partly sunny

8	7	1	9	6	3	4	2	5	
4	6	3	7	2	5	9	8	1	
2	5	9	4	8	1	3	6	7	
3	4	7	2	1	6	8	5	9	
5	1	2	8	4	9	6	7	3	
6	9	8	5	3	7	2	1	4	
1	8	5	6	9	4	7	3	2	
7	2	4	3	5	8	1	9	6	
_				_	-	-			

Wednesday

***** 1'/-2'

70%

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E.B. HAPPY BIRTHDAY XOXOXO... thanks for being the greatest wife and the bestest mom in the whole wide world. Love you tons sweetheart. K.C. X2

note to somebody special

at kiss@metronews.ca

Dear Mom, Happy 60th birthday! You are such a wonderful person and definitely the best mother a girl could ask for! I love you so much and hope you have a wonderful day! xoxo tammy

Echo, I love havina vou back in Llanview, with BIG kisses, YOUR DISAVOY

Dear David I love you! omnom-nom-nom!! LOVE, DEBBIE

Shannon, I wanna feel your love. Right from the bottom of your heart to your hands. Thank you for being so accepting, caring and loving. Je t'aime beaucoup. Happy 6-month anniversary!!

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For today's crossword answers and for expanded horoscopes, go to metronews.ca

Gancer June 22-July 22 You

Ω Leo July 23-Aug.23 Make

other people to make decisions for you. Part of the art of leadership is delegation. You don't have to dot every "i" and cross every "t" yourself.

II Gemini May 22-June 21 Let someone know that whatever bad blood there may have been between you in the past. it is over and done with and there are no hard feelings. ple to make our world.

are sensitive by nature but you are also good at putting up the emotional shutters. That's what you have to do over the next 24 hours. Ignore others' comments. They're not worth worrving about.

things easy today by allowing

MP Virgo Aug. 24- Sept. 22 Not everyone shares your passion for certain issues, so don't go around trying to convert those who are simply not that interested. It takes all sorts of peo-

← Libra Sept. 23-Oct. 23 If you find it hard to get started on your work schedule, there is no point pushing yourself. Is what you have to do really so urgent that it must be done immediately? If not, postpone it until vou feel motivated.

M Scorpio Oct. 24-Nov. 22 If someone cheats you today

and it costs you money, there's probably not much you can do about it. Put it down to experience and swear that next time you won't be so gullible.

Nov. 23-Dec. 21 How do you know that a friend's cry for help is genuine and not a ploy to get sympathy they probably don't deserve? The answer is: You don't. Help them out anyway.

り Capricorn Dec. 22-Jan. 20 No one will try to stop you if you decide to get away for a few hours today, but before you head out the door make sure you have completed what you promised to do.

Aquarius Jan. 21-Feb. 18 It's not like you to let fear hold you back, but for some reason you are reluctant to take the kind of risk you usually don't think twice about. Maybe it's your sixth sense trying to warn you. Tread lightly.

H Pisces Feb. 19-March 20 Let others know how much you appreciate their efforts, and let them know how much their support means to you. You can never say "thank you" often enough. SALLY BROMPTON

"Stuck in the Wheel of Fortune!!!" LINDA BARON

Caption contest

You WIN! write it! Write a funny cap-

tion for the image to the right and send it to play@metronews.ca the winning caption will be published in Tuesday's



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